

# H1N1 Influenza Information

Please visit the Santa Barbara County Public Health Department's H1N1 Influenza website

[www.sbcfluinfo.org](http://www.sbcfluinfo.org).



## Download and review the County Public Health H1N1 flu brochure with information on:

- Symptoms of H1N1 Flu/Sintomas de la Gripe H1N1
- Emergency Warning Signs/Senales de Advertencia
- What to Do if You Get the Flu/Que Hacer si Usted se Enferma con la Gripe
- Steps to Protect Yourself and Others/Medidas para Protegerse y Proteger a los Demas

Click on the link for the [brochure in English](#) or [Español](#)

## NEW H1N1 Vaccine Clinics

[\\*\\*Click here for new H1N1 Clinic Schedules for February and March](#)

[\\*\\*Para las Nuevas Clinicas Gratis de Vacuna Contra La Gripe Porcina \(H1N1\)](#)

## Remember healthy habits can protect everyone against the flu, colds, and other health issues.

- Stay at home when you're sick to prevent the spread of germs to others
- Wash your hands
- Cover your mouth and nose with a tissue or your elbow when you sneeze or cough
- Rest and get plenty of fluids when ill
- Get an H1N1 influenza vaccine to protect yourself from the H1N1 virus

